

Antioch Outdoor Camp

Parent Manual

2020



Camp Sunshine

Antioch Adventure

Antioch Summer Day Camp

Camp is to provide a safe and enjoyable atmosphere and a chance to allow children to gain new experiences. Camp will offer both structured and unstructured activities each day. Summer Camp is the place for your child to be outside, stay active, learn new skills, and make new friends this summer! Whether your child is a returning camper or attending camp for the first time, the Antioch Summer Day Camp offers campers a fun and memorable summer camp experience. Antioch Summer Day Camp and facilities are not regulated by DCFS, we do follow their guidelines.

Camper needs every day at camp

- Zipper backpack
- A beach towel
- swimsuit
- gym shoes (no flipflops or sandals)
- A reusable water bottle
- morning and afternoon snack
- lunch
- SPF 30 or higher sunscreen (We recommend a face stick and lotion/spray for the body)
- Bug spray

Staff and Contact Information

Lauren Kabrick- Director of Parks and Recreation lkabrick@antioch.il.gov

Mary Quilty- Program Director mquilty@antioch.il.gov

Meghan Bohn – Camp Sunshine Director summerdaycamp@antioch.il.gov

Sean Bering – Camp Adventure Director summerdaycamp@antioch.il.gov

Counselors-

We have roughly 40 counselors between Camp Adventure and Camp Sunshine. The counselors' ages range from 16 - 26 years old. All staff members are CPR, First Aid, and Epi-Pen trained. We take pride in hiring mature, focused, and responsible adults who have a passion for working with children of all ages. It is our fantastic staff that keeps families coming back each year.

Times and Locations

Camp Sunshine 8:30am-4:00pm, 770 Cunningham Dr.

Camp Adventure 8:30am-4:00pm, 806 Holbek Dr.

Early Bird 6:30-8:30am, 806 Holbek Dr.

Extended Day 4:00-6:00pm, 806 Holbek Dr.

Registration

Sign up for what you need, but you must register for minimum two day a week. Registration closes the Monday, seven days before the start of the week you are registering for. If you need to register after the cut off day, there is a \$25 late registration fee.

Registration can be done online or in person.

Once registration has been processed, no changes/swapping days, can be made to that registration.

Payment for each weekly session is due at the time of registration.

Forms

No camper will be accepted into camp without all forms completed and turned in. Forms can be found online at www.antioch.il.gov

Below is the list of forms needed:

Camper Information Form

Camper Discipline form

Medical Consent (only if your child requires to carry medicine, epi-pen or inhaler)

Arrival and Departure

Parents must sign their child in and out each day. Camp Adventure counselors will have a clipboard for you to sign in and out, Camp Sunshine is located at the picnic table. If you use early bird or extended day, your camper will be walked to their respective camp. Only persons listed on the camper information sheet will be allowed to sign out, please bring ID when signing out.

Late pick up- if you are late and your child is sent to Extended Day, you will be charged \$15 for that day.

Typical Day schedule

8:30-9:00 a.m. Parks Building/ Scout House

9:00-9:15 Walking to a local park (Parks vary each day)

9:15-11:45 Group time at the various parks, snack, sunscreen

11:45- 12:00 p.m. Walking to Antioch Aqua Center

12:00-1:00 p.m. Swim time at Antioch Aqua Center

1:00-2:00 Eating lunch under the pavilion next to the Antioch Aqua Center or, if raining, eating lunch at Parks Building/Scout House, reading quietly, sunscreen

2:00-2:15 Walking to another park for new activity

2:15-3:15 Group time at park

3:15-3:30 Walking back to Parks Building/Scout House

3:30-4:00 Parks Building/ Scout House

Swim Test

All campers are swim tested either before or on their first day of camp. The swim test consists of the camper jumping into the pool, around 3 feet of water, and swimming for about 20 feet or so without touching the bottom. They are then assigned a wristband color (green, blue, yellow, or orange) based off their performance during the swim test and where they can swim in the pool area.

Day camp swims at the pool every day from 12:00p.m.-1:00p.m.

Cookout and Pizza Days

These days are completely optional to campers. Every Friday staff will grill out hamburgers/hotdogs and alternating days Domino's Pizza is available (please check camp calendar for those days). Your camper can get a lunch for \$3 on these days. Cook out includes hamburger and hotdog and bag of chips. Pizza day includes 3-4 slices of pizza. They will need to bring drinks and dessert.

Field Trips

Day camp will take by bus 5 field trips during the summer. See calendar for dates and locations. Campers should wear their camp shirt. The buses leave the Parks building by 9:30am on field trip days. Please do NOT send money with your child, we do not allow them to make purchases on trips. Send everything in their backpack you would on a typical day camp day. The buses generally return to the Parks Building by 3:30pm.

Have a great summer!